

Because we care...here are 10 things you can do to improve your heart health.

1 Eat at least five servings of fruits & vegetables every day.

2 Get at least 30 minutes of moderate physical activity such as walking, lawn mowing, raking or sweeping, every day.



3 Cut down on fatty foods.



9 Examine your stress level and lower it.

4

Lose weight if you are over your recommended weight for your height and build.

5

If you don't smoke, don't start. If you smoke, get help to quit.



6

Avoid second hand smoke whenever possible.

7

Have your blood pressure checked regularly by a health care professional.

8

Have your cholesterol checked regularly by a health care professional.

10

If you have diabetes, ask a health care provider how you can manage your disease.

Visit our Web site:
<http://www.scdhec.net/cvh>

Because we care...here are 10 things you can do to improve the heart health of your community.

1 Help arrange a food co-op in your community.



10 Organize a diabetes foot check within your local faith community.

2 Ask your local school to open the gym or sports fields after-hours for the community to use for physical activity.

9 Help promote stress relief activities such as walking and meditation.



4 Encourage employers to allow break time for physical activity during the work day.

3 Ask your favorite restaurants to mark low fat food on menus.



8 Help arrange a cholesterol check event in your local area.

5 Request that insurance companies pay for services to quit smoking.

6 Ask local businesses you frequent to go smoke-free.

7 Help sponsor a blood pressure check event in your local area.



*Information and graphics adapted from NC Department of Health and Human Services, Division of Public Health materials

CR-004427 MAC 4/02

SC Department of Health and Environmental Control,
Division of Cardiovascular Health

♥ The Heart of South Carolina ♥